

NSF Bahrain Stays Sharp

By MC1 (SW) Steven Smith
Staff Writer

NAVAL SUPPORT ACTIVITY, Bahrain — More than 70 Naval Security Force (NSF) Bahrain, CHARLIE Section, Master-At-Arms (MA) participated in live scenario security drills aboard Naval Support Activity (NSA) Bahrain, Sept. 30.

The regularly scheduled drills had security personnel respond to an intruder alarm and a vehicle-borne improvised explosive device (VBIED) on the NSA installation.

“These drills are designed to see the reaction of watchstanders and patrolmen, as well as, critiquing them on how they entered the building, approached the VBIED, and communicated their actions,” said Master-At-Arms 2nd Class William Leonard NSF Training Div. Lead Field Training Officer. “The MAs also need to know and be able to follow their standard operating procedures (SOP) and their preplanned responses (PPR).”

The SOPs and PPRs are first covered during a “table-top” session. This training is in a classroom setting where the instructors use maps and diagrams to cover the responses and procedures to different scenarios step by step. Sailors have the opportunity to discuss possible situations and outcomes.

“The most important thing these MAs need to learn is how to follow their SOPs and PPRs,” said Master-At-Arms 1st Class Bradley Busse, NSF Training Div. Leading Petty Officer. “The SOPs and PPRs have been written for a reason. They’re tested, they’re approved and they work”.

Upon completion of the tabletop sessions, the MAs are ready to perform what they’ve covered in live exercises around the base.



Photo by MC1 (SW) Steve Smith

Master-At-Arms 3rd Class Joshua Keene, assigned to Naval Security Force (NSF) Bahrain, responds to a reported suspicious vehicle during a training exercise aboard NSA Bahrain, Sept. 30.

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Gettysburg Provides Humanitarian Assistance



Photo by FC2 Robert Ortega

Sailors assigned to the guided-missile cruiser USS Gettysburg (CG 64) prepare to provide humanitarian assistance to a stranded fishing dhow. Gettysburg is deployed as part of the Harry S. Truman Carrier Strike Group supporting maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility.

By Ensign Kiley Provenzano
USS Gettysburg Public Affairs

ARABIAN GULF — The guided-missile cruiser USS Gettysburg (CG 64) provided humanitarian assistance to an adrift fishing dhow while operating in the Arabian Gulf, Sept. 24.

Gettysburg stopped to render assistance after being signaled by the dhow’s crew shortly before 11:30 a.m.

According to the crew, which consisted of an Omani and four Bangladeshi men, they had been at sea for five days and had suffered an engine failure on the third day, leaving the vessel powerless and drifting for two days. The crew were found in good health and had food and water on hand.

Fire Controlman 2nd Class Yasser Rady, a close-in weapons systems (CIWS) techni-

cian assigned to Gettysburg, provided translation that facilitated mutual communication and allowed Gettysburg to provide the crew with additional food, water, and safety flares.

“We were able to quickly and effectively provide some assistance for the crew of the fishing vessel while they awaited help from local authorities,” said Lt. Cmdr. Nathan Scherry, Gettysburg’s executive officer. “Our assistance allowed us to enhance cooperation, build trust, and mutual respect to our fellow mariners in the region.”

Local authorities were contacted by U.S. 5th Fleet to provide further assistance. The guided-missile destroyer USS The Sullivans (DDG 68) was operating nearby and offered help to ensure the dhow’s security and welfare until that aid arrived.

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GET READY FOR SPOOKTACULAR
2013, P. 2



THE 2013-14 INFLUENZA SEASON
VACCINATIONS HAVE ARRIVED!, P. 4



NEX GIVES BACK TO CUSTOMERS, P. 5

THESE
STORIES
AND
MORE...

Family Life at NSA Bahrain

Get Ready For Spooktacular 2013



The Bahrain School
Presents

Spooktacular!

2013
(A Halloween Carnival)

Trick-or-Treat Candy Lane, Haunted House, Games, Prizes, Inflatables, a Cake Walk, Prison, and Food & Drinks *

Thursday, October 31st
Friday, November 1st
6-9 PM
3BD Per Ticket
for all US Military Families and the Bahrain School Community
4BD All Others
Children under 2 Free

Entrance by ticket ONLY Advance Purchase Required - No Tickets Sold at Gate

Purchase tickets starting on September 16th during lunch from 11-1 and after school in the PTSO room.
For more information write Spooktacular2013@gmail.com

Each person must show his or her ID or CPR to purchase tickets



439-4520

www.cnmc.navy.mil/bahrain

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Red House Marketing, is responsible for commercial advertising, which may be purchased by calling: (973) 1781 3777 or send in a Fax to (973) 1781 3700.

Volunteers needed for the Spooktacular tickets sale.

The PTSO is in need for parents and teachers to help sell tickets for the Spooktacular Bash.

11am - 1pm for lunch
2pm - 3pm in the afternoon

If interested, please e-mail
Spooktacular2013@gmail.com



Chaplain's Corner

Friendship



By Chaplain Keener
NSA Bahrain Command Chaplain

How often when we are alone and a song is playing on the radio that reminds us of someone that is dear and important in our life and we say to ourselves: "I should call that person" but we never get around to it? As humans we are social beings and we like to interact.

There are times when we are quite content being alone and enjoy the privacy, but there are times when it is good to hear a friendly voice. We are entering into a time where we only communicate through texting, emailing or Facebook. Now there is nothing wrong with modern technology but hopefully we do not get to the point where we lose all physical contact with others.

Having a close friend is very important not only psychologically but also spiritually. When we are having bad days it is nice to vent to a friend, even if that person just lends a shoulder to lean on. When we are excited and something special happens in our life, it is nice to share our joy with another person that will be happy for us. Then there are times when friends tend to say the wrong thing or do something that upsets us that causes hurt that leads us to drift apart.

I would like to share with you a story about two friends that were walking through the desert. During some point of the journey they had an argument, and one friend slapped the other one in the face. The one who got slapped was hurt, but without saying anything, wrote in the sand: TODAY MY BEST FRIEND SLAPPED ME IN THE FACE.

They kept on walking until they found an oasis, where they decided to take a bath. The one who had been slapped got stuck in the mire and started drowning, but the friend saved him. After he recovered from the near drowning, he wrote on a stone: TODAY MY BEST FRIEND SAVED MY LIFE.

The friend who had slapped and saved his best friend asked him, "After I hurt you, you wrote in the sand and now, you write on a stone, why?" The other friend replied "When someone hurts us we should write it down in sand where winds of forgiveness can erase it away. But, when someone does something good for us, we must engrave it in stone where no wind can ever erase it." Learn to write your hurts in the sand and to carve your benefits in stone.

They say it takes a minute to find a special person, an hour to appreciate them, a day to love them, but then an entire life to forget them. How true that is. When we are in a profession that relocates us every few years, it is hard to say good bye to the ones that we have gotten close to.

There are so many good people in this world that no matter where our journey brings us next, there are many new friends that we will meet. Never take friendship for granted. It is much more enjoyable traveling down the path of life with another than it is by ourselves. For believers, we never walk our journey alone, there is always God there to pick us up when we fall.

Faith does not get us around our troubles, it gets us through it.

Motorcycle Safety Tips

Make Eye Contact.

Watch out for left-turning vehicles at intersections.

Check behind when turning left from a highway.

Look out for hazardous road conditions.

Read "vehicle language".

Take it easy on the curves.

Wear protective clothing designed for motorcycle riders: Long Sleeve Shirt, Long Trousers, Full Fingered gloves or mittens.

Protect your eyes. Wrap around type protective eye devices or face shield attached to the Helmet.

Be visible: Reflective outer garments during nighttime hours.



LEGAL CORNER

LT Candace Holmes, JAGC, USN
Legal Assistance Attorney

KNOW YOUR RIGHTS: Identity Theft and Credit Fraud

There are several actions you can take to avoid becoming a victim of identity theft or credit fraud. First, check your credit reports. You are entitled to a free annual credit report from each of the three reporting agencies: Experian, TransUnion, and Equifax. Visit AnnualCreditReport.com to request your credit report and review it for any discrepancies. Second, always monitor your credit card and bank account statements to spot purchases you do not recognize.

In the event you become a victim of identity theft or credit fraud:

- **Contact the credit reporting agencies.** If you are a victim of identity theft, you can request an initial 90-day "fraud alert" be placed in your file along with a statement that the credit reporting agencies contact you if anyone tries to open an account in your name. Active duty service members can request an Active Duty Fraud Alert that lasts one year. If you provide evidence (e.g. a police report), you can request a seven-year fraud alert be placed in your file. You only need to alert one of the three companies below; the other two companies will be notified and will also place fraud alerts in your file.

Equifax: 1-800-525-6285; www.equifax.com

Experian: 1-888-397-3742; www.experian.com

TransUnion: 1-800-680-7289; www.transunion.com

- **Contact the companies of the accounts that were fraudulently opened.** Most companies will have a fraud or security department you can speak with to explain your situation. You should also call your credit card company or bank and request that the unauthorized charges be removed. Always follow up with a written letter.

- **File a complaint with the Federal Trade Commission.** Visit <https://www.ftccomplaintassistant.gov/> to file a complaint. Military members and DoD civilians should visit <http://www.ftc.gov/sentinel/military/index.shtml> to file a complaint.

If you have any questions about this topic or wish to speak with an attorney, please contact our front desk at 439-4237.



The JAG Corps has recently restructured. This restructuring affects you. The JAG Corps now has two different offices that provide different services to service members.

The newly-created Defense Services Organization, or DSO for short, provides defense services to those service members who are facing adverse personnel actions or possible criminal proceedings. If you are facing adverse legal or administrative action, we may be able to help you. Our contact number is 439-4172 and we are located in Building 284.

The Region Legal Services Officer, or RLSO for short, provides legal assistance services to service members by appointment. Do you need help you with wills, divorces, and child support issues, or need notary services? Then call 439-4237 to make an appointment with a legal assistance attorney. The RLSO is located in Building 282.

IG HOTLINES

Report Fraud, Waste, Mismanagement, Military Whistleblower
Complaints & Improper Mental Health Referrals to one of the following:

CNREUAFSWA Inspector General (NSA Bahrain)

Telephone #: 973-1785-3138 DSN: 439-3138 E-mail: ighotline@eu.navy.mil

Website: <http://www.cnrc.navy.mil/Europe/About/RegionalDepartments/InspectorGeneral>

NAVCENT Inspector General

Telephone #: 973-1785-9897 DSN: 439-9897 Fax: 439-9116 E-mail: ig.hotline@me.navy.mil

Naval Inspector General

Telephone #: 202-433-6743 DSN: 288-6743 Fax: 202-433-2613 E-mail: NAVIGHotlines@navy.mil

Website: <http://www.ig.navy.mil>

United States Army Inspector General

Telephone #: 703-695-1500 DSN: 312-225-1500

United States Air Force Inspector General

Telephone #: 202-404-5354 DSN: 734-5354

DoD Inspector General

Telephone #: 703-604-8799 DSN: 312-664-8799 Website: <http://www.dodig.mil/>

The 2013-14 Influenza Season vaccinations have arrived!

By MC1 (SW) Steve Smith
Staff Writer

NAVAL SUPPORT ACTIVITY, Bahrain — The Naval Branch Health Clinic, Bahrain will commence vaccinating all Active Duty and TRICARE beneficiaries starting 30 September, 2013 at the Immunization Department between the hours of 0800 to 1600 on Sundays and Mondays, and 0800 to 1200 on Tuesdays through Thursdays.

All active duty personnel and Reservists must receive the seasonal influenza or “flu” vaccine upon its availability as directed by NAVADMIN 194/13. DoD and GS personnel not involved in direct patient care are highly encouraged to receive it.

The Navy’s goal is to have 90 percent of all Navy personnel vaccinated for the flu by Dec. 15. It’s important for all the active duty personnel to realize that the single best way to prevent the flu is with vaccination. Each year in the U.S., there are more than 25 million reported cases of the flu with more than 150,000 hospitalizations due to complications and more than 24,000 deaths. Influenza season can last into the spring, and it’s not too late to get vaccinated to protect yourself and your family from the flu.

Navy personnel and their family members can take preventive measures to reduce the risk of exposure to and spread of the flu. These methods include washing hands, maintaining a clean home and work environment, and staying home from work when sick. The influenza vaccine is recommended for all beneficiaries over the age of six months. It is especially important for individuals who are at high risk for influenza-related complications and severe disease, including:

- Children of 6 months to 18 years of age
- Persons 50 years of age and older
- Pregnant women
- Persons of any age with chronic medical conditions
- Persons undergoing therapy, or with a condition, that may weaken their immune systems




Photo by MC1 (SW) Steve Smith

Hospital Corpsman 2nd Class George Dodd administers an influenza mist vaccine to Yeoman 1st Class Brandi Wilson, assigned to Commander, Task Force (CTF) 51, at Naval Branch Health Clinic, Bahrain - Immunizations Clinic.

All civilian personnel where influenza vaccination is written in their contracts or position description as a condition of their employment must also receive the vaccination. For all questions pertaining to influenza vaccinations, please contact the clinic Immunization Clinic at

439-8156 or Preventive Medicine at 439-6483 and 439-3948. The Naval Branch Health Clinic, Bahrain - Immunizations Clinic is available Sunday and Monday from 0800-1600 and on Tuesday through Thursday from 0800-1200.



Come celebrate
238 years of Navy
heritage!



Happy Birthday

NAVY

1.5 MILE RUN

Monday, October 14, 2013
 Run Starts @ 0600 with a 0530 check-in
 Located at the NAVCENT Roundabout

For more information, contact the Fitness Center @439-9306.

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“It’s important to play it out, that way we get a mental visual on the procedures in case a real scenario goes down,” said Master-At-Arms 3rd Class Joshua Keene, exercise participant. “That way we know what to do when we have to do it. We can do it faster and be more productive and make sure everyone’s OK at the end of the day.”

“These drills show us where our flaws are and where we can make our mistakes to learn how to better improve ourselves for if it happens in real life,” said Leonard.

Master-At-Arms Senior Chief Maurice Purley, ATT Lead, said the annual training schedule is dictated for NSF by the Center for Navy Security. NSF provides training every Monday according to the lesson plan.

GETTYSBURG from Page 1

Rear Adm. Kevin Sweeney, commander, Harry S. Truman Carrier Strike Group, said the assistance provided by Gettysburg was a good example of how professional mariners help each other in time of need.

“This is what we do as professional mariners,” said Sweeney. “When someone at sea needs help, we help them. The assis-

tance provided by Gettysburg and her crew will help ensure those fishermen are safe until the local authorities arrive.”

Gettysburg is currently deployed with the Harry S. Truman Carrier Strike Group supporting maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility.



[CHECK YOUR VISA
EXPIRATION DATE]

For more information on visas and CPR cards
 contact Immigration at 1785-4258.



Wed. October 9, 2013
NSA Softball Field
Starts at 1630
 Open to all Hands

Challenge includes:

Charged Line Drag	Equipment Carry
Hose Pull	Forcible Entry
Hotel Pack Obstacle	Extinguisher Exercises
Hose Load	Hose Connection
Dummy Drag	

Categories:

All Male team (3 members)
 All Female Team (3 members)
 Individuals

***Food & beverages will be provided.**

For more information please contact: Sue Jensen at 439-3324



Photo by MC1 (SW) Steve Smith

NSA Bahrain Navy Exchange associates pose for a photo at the store's entrance, Oct. 1.

NEX Gives Back to Customers

By Kristine M. Sturkie

Navy Exchange Service Command Public Affairs

VIRGINIA BEACH, Va. (NNS) — The Navy Exchange Service Command (NEXCOM) announced Sept. 27 that it has made some exciting changes to its second Navy Blue Holiday celebration.

The Navy Blue Holiday is a time to celebrate the NEX's unique connection to the Navy and Navy families, emphasize Navy values and to give back to deserving NEX customers.

"This year, our Navy Blue Holiday is going to be even bigger and better," said retired Rear Adm. Robert J. Bianchi, chief executive officer, NEXCOM. "We are very excited to bring our customers more savings, quality and value, and most importantly, say thank you for being a loyal customer of your NEX."

The Navy Blue Holiday season will kick off this year on the Navy's 238th birthday Oct. 13. The kick-off includes one of the largest single customer giveaways ever! NEXCOM has partnered with its vendor community to give away 1,000 NEX \$100 gift cards. Customers can enter for the drawing beginning Oct. 9 at their local NEX or online at www.myNavyExchange.com.

"We are excited to be able to give away \$100,000 in NEX gift cards to our customers," said Bianchi.

"I know there are many other shopping options available. We are thrilled to be able to thank our customers for their support throughout the years. It is our honor to give back, because our mission is our customers."

One thing that hasn't changed is that customers will continue to find a great selection of items in all price ranges including prestige brands, national mass brands and private brands at excellent savings, plus no sales tax on NEX purchases. Throughout the holiday season, the NEX will offer even more savings and promotions so customers can save even more.

In addition, based on the success of last year's afloat Navy Blue Holiday sale, NEXCOM will once again be offering special pricing on the most popular gifts through its web store to Sailors and Marines at sea prior to Thanksgiving. From Nov. 24 - 27, afloat personnel will be able to take advantage of a sale designed just for them.

"Once again, we tailored the items for sale to be ones that would appeal most to Sailors and Marines at sea," said Bianchi. "They will find electronics, video games, outerwear and holiday gifts that can be sent home to loved ones."

Afloat Sailors and Marines can also sign up to win one of the \$100 NEX gift cards that are being given away.



"Prevent Kitchen Fires"

This year theme for Fire Prevention week is "Prevent Kitchen Fires". NSA Bahrain Fire & Emergency Services would like to spread the word about how to keep your kitchen, home and family safe.

Did you know that cooking fires are the leading cause of home structure fires and injuries? Last year alone over 42% of home structure fires were caused by cooking related incidents.

NSA Bahrain Fire & emergency Services would like to give some tips on how to make your kitchen and family safe while cooking.

- Keep all appliances cleaned and serviced
- Unplug all electrical appliances
- Install a smoke detector near the kitchen
- Ensure loose clothing is away from burners
- Never leave food unattended especially oil
- Never use water on an oil based fire
- Wipe down all the counters and appliances after each use
- Keep all combustibles away from the stove
- Always have a working fire extinguisher in the kitchen

NSA Bahrain wants to make sure all of our personnel are safe, we hope that you'll come out and visit us during the week of 6-12 October 2013. We'll be having live fire extinguisher training located in the shaded area by P-911 on the 7th, 9th and 10th. Also, on the 9th we'll be having a Firefighter Combat Challenge located at the base Softball field starting at 1700, look for sign up sheets across the base and at the gym.



NSA BAHRAIN MWR FITNESS PROUDLY PRESENTS:



HALLOWEEN FAMILY FUN RUN & WALK ONE MILE

FRIDAY, OCTOBER 25TH

Time: Check-in @ 1600

Run Starts @ 1630

Location: NAVCENT Roundabout

Open to all family members!

Costumes are strongly encouraged!

For more information contact the Fitness Center @ 439-9306



MWR Cinemas

MOVIE COMPLEX

REGULAR TICKETS: ADULTS: \$4.00 CHILDREN (6-12): \$2.00

3D TICKETS: ADULTS: \$5.00 CHILDREN (6-12): \$3.00

Children 5 and under: FREE Admission

MOVIE SCHEDULE IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

***** MOVIE HOTLINE: 439-6916 *****



Tree Of Life

Sunday, October 6

• Time: 1000 – 1300

• Min 5/ Max 11 people; Price: \$5.00

Go-Kart Racing

Tuesday, October 8

• Time: 1700

• Min 6/ Max 11 people;

ITT Price: \$27.00

Pearl "Snorkel" Hunt

Friday, October 11

• Time: 0745

Min 8 people; ITT Price: \$64.00

Swim With The Dolphins

Friday, October 11

• Time: 1000 – 1300

• Min 8 people; ITT Price: \$49.00

Al Dar Island Day Trip

Saturday, October 12

• Time: 0930 – 1500

• Min 10 people; ITT Price: \$17.00

For more information, call x-3531

All dates and times are subject to change

Comments & Suggestions

All are welcome to send comments or suggestions to MWR Bahrain. Please e-mail them to: MWRsuggestionBox@me.navy.mil

If you would like to receive MWR Bahrain's e-mail announcements, just send your official e-mail to the above address.

NAVY CYP

NAVY CYP BAHRAIN

YOUTH ROCK CLIMBING



**Cost:
\$10**

OPEN TO YOUTH AGES 5-6 YEARS OLD

Classes are: November 14, 21, at 1545-1645
December 5, 12, & 19th at 1700-1800

Registration period is October 7-November 7

Maximum 12 participants per session. Please register at the CDC.

For more information please contact Seamus Corry at 439-4903

U.S. Navy Child & Youth Programs welcomes children of all abilities.



Saturday, October 5

Grand Mosque and Bahrain National Museum Trip

• Only \$4.00

Sunday, October 6

Sunday Sundaes

• Free Ice Cream Sundae (while supplies last)

Monday, October 7

Speed Pool

• Time: 1130; Free Pizza for players

Wednesday, October 9

Lunchtime Bowling

• Time: 1130

Thursday, October 10

Happy Birthday October Babies

Friday, October 11

Video Game Tournament

• Time: 1200

Sunday, October 13

Sunday Sundaes

• Free Ice Cream Sundae (while supplies last)

Monday, October 14

Speed Pool

• Time: 1130; Free Pizza for players

Tuesday, October 15

Mummy Wrap Contest

• Time: 1130

Wednesday, October 16

Halloween Horror Show

• See the Liberty Center for rules. 16-31st.

For more information, call the Liberty Center at 439-3192



@NSA Bahrain

Poolside Fiesta

Laying down a tantalising buffet along with a multitude of entertainment, this five-star property brings back one of the Kingdom's oldest and most popular theme nights.

The Gulf Hotel's exclusive poolside event, Gulf Night Out, is back with a splash! The themed dining experience goes all out with a wide variety of food, live cooking stations and non-stop entertainment. Resembling a carnival with raffle draws and games, the event features performances by various bands and dance troupes.

The hotel boasts the largest number of food and beverage outlets within a single property on the island and dishes from all 17 of its restaurants are on offer at the affair. No pool party is complete without a barbeque station and this one is no different. Watch out for the smoky surprises from the grills.

Starting on October 1, the poolside buffet is served every Tuesday till the end of the month.

"This is a night of guaranteed fun, whether you are with friends or family. We invite you for non-stop entertainment, games and, of course, the fabulous buffet that we are famous for," says Ryan Advincula, the hotel's marketing and communications manager.

Starting 8pm onwards, the buffet is priced at BD17++ and BD15++ for Prestige Club, NSA and Gulf Air members, if the ticket is purchased before Tuesday. On the day, the rates are BD18++ and BD16++ for Prestige Club, NSA and Gulf Air members.

Italiano treats

Offering the true taste of an Italian kitchen is La Pergola restaurant at the Gulf Hotel. At the helm of affairs is Chef Dario Cattarinch, whose Neapolitan roots have brought in a special touch to the dishes. Introducing some new dishes to the menu, Dario successfully maintains a fine line between innovation and preserving the traditional flavors.

"Italian cuisine is about quality ingredients and simple

recipes, that keep the inherent flavor and taste alive," Dario explains. "We have introduced Paccheri all'aragosta, which is paccheri pasta in lobster sauce and is a really special preparation I learnt in Italy." Other additions include the Focaccia rucola with pomodori confit, bocconcini, cernia al cartoccio con patate which is grouper and potato cooked

in foil and a filetto all'aceto balsamico which is a grilled beef fillet in balsamic reduction.

Known as one of Bahrain top five-star properties, the Gulf Hotel continues to deliver high standards of service to its residents and corporate customers alike. In addition to its luxurious rooms and suites, contemporary apartments, and panoramic views of Manama, the hotel serves as plush dining and entertainment option for residents and visitors alike.

A centre of culinary fineness and social activity, the venue hosts some of the most anticipated events in the Kingdom's dine-out calendar.

For information, call 17 713-000.



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Dining — Eating Out

American		Asian	
Bennigan's	1781 3750	Chin Li	1771 7717
Blaze Burgers	7705 5772	Curry Country	1753 7555
Burger Lounge	1774 4773	David's Stir Fry	1754 0188
Burger Wisconsin	1759 4458	House Boat	1601 0321
Chili's	1727 1701	Kontiki	1752 5455
Elevation Burger	1758 7828	Memories	1717 8646
Fat Burger	1713 1414	Monsoon	1774 9222
Franks A Lot	1781 1970	Noodle Factory	1601 0534
Fuddruckers	1774 2266	Nuasia	1758 7171
Hard Rock Café	1729 1569	Panasia	1772 1600
Johnny Rockets	1756 6565	Peppers Fusion	1771 7808
Ponderosa	1756 4228	Rice Bowl	1717 9600
Ric's Kountry Kitchen	1772 5550	The Noodle House	1766 6353
T.G.I.Friday's	1717 9041	Wok	1763 6415
Tony Luke's	1749 4940		
Tony Romas	1787 0070		



Brazilian		European	
Brasa De Brazil	1758 2225	Block 338	1771 0338
Brazil Rodizio	1782 6686	Camelot	1771 7745
		Coco's	1771 6512
Chinese		Cyprus Taverna	1771 6316
Beijing Chinese	1771 7969	Déjà Vu	1365 7770
China Express	1771 7439	JJ's Irish Restaurant	1774 2323
China Garden	1774 6423	Sizzlers	1771 6999
Ching	1756 4424	Zytoun	1729 8008
Foli	1772 2199		
Hong Kong	1772 8700		
Magic Wok	1750 6070		
Shanghai Hut	1729 2988		
Soie	1753 3533		
Café Restaurants			
Café Delices	1774 6434		
Le Bateau	1736 9165		
Paul Bakery & Rest.	1717 2321		
T-Spoon	1717 1000		

Curry Tree	1603 0662	La Fontaine	1723 0123
Hyderabad House	1672 0031	Le Jardin	1774 2000
It's Mirchi	1772 7230	Links	1775 1262
Kalpaka	1729 7000	Little Chef/Wholesale	1759 5950
Khazana	1727 4767	Mei N Yu	1601 0160
Lanterns	1759 0591	Muju	1603 9800
Moti Mahal	1782 5333	Nando's	1782 5100
Mumbai Spices	1738 2255	Rendezvous	1717 8712
Nattinpuram	1729 0600	Salad Boutique	3666 4427
Nirvana	1758 9318	Trader Vic's	1758 6555
Papadom	1756 4434	Upstairs Downstairs	1771 3093
Rajadhani	1771 5222	Vins Bistro	1771 7101
Shamiana	1717 8085	Wafi Gourmet	1717 9999
Saravanaa Bhavan	1724 5577	Zoë	1771 6400
Spices	1753 1122		
The Yellow Chilli	1758 0480		

Iranian	
Golestan	1752 4579
Isfahani	17 369-269
Parsian	1781 1511
Persian Garden	1758 0600
Persian Room	1601 0166
Takht Jamsheed	1772 6431
Tehran Grill	1755 5989



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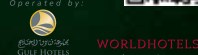
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Charity Marathon

Bahrain Round Table (BRT) is once again set to organize the 33rd annual Bahrain Marathon Relay (BMR) on October 25. The Relay is the biggest activity of BRT in its efforts to help the needy and raise funds for charities in Bahrain.

The 48km race, as in previous years, will be run over 16 legs of approximately three kilometers per stage starting and finishing at the Bahrain International Circuit (BIC).

The Marathon will feature male and female runners of various ages and nationalities and it is expected to see around 180

teams lined up for the event. Among the teams taking part in this year's race are local schools, hotels, financial institutions, airlines, sports and social clubs and construction companies as well as a number of elite international representatives.

To enter the event you can contact the BMR at bmr_registrar@hotmail.com or go to www.brt1.net for more information. The entry fee is BD150 per team, which is an early bird discount, however, interested athletes are urged to submit their entries before the end of the month as the fees will go up to BD175 as of 1st October.





Italian		Primavera	1758 0000
Café Italia	1774 4774	Roma	1772 5885
Café Spasso	1782 2274	Romano's Macaroni Grill	1750 6070
Carino's Italian Grill	1758 7878	Vapiano	1749 1391
Cico's	1771 3710	Japanese	
Cucina Italiana	1700 1317	Bushido	1758 3555
Fiamma	1763 6363	Edo	1729 0945
Italiano	1758 1919	Frangipani	1758 2422
Justapasta	1750 6070	Fuji Sushi Bar	1753 3383
La Pergola	1774 6419	Fuji Teppanyaki	1753 3383
La Taverna	1722 9979	Hakisushi	1750 6070
Masso	1772 1061	Imari	1600 0000
Medzo	1722 7777	KEI	1753 5000
Mia Mia	1756 4414	Maki	1752 2733
Mino's Pizzeria	1774 4777	Meisei	1700 7770
Mondo	1752 5484	Mirai	1771 3113
Nino	1756 6555	Sato	1774 6429
Pasta Art	1700 1555	Sumo Sushi & Bento	1771 8090
Pastarito Ristoranti	1717 9300	Sushi 101	1782 2274
Prego	1775 1263	Yo! Sushi	1758 3373

Lebanese	
Abd El Wahab	1713 1111
Al Hamra Palace	1722 4000
Carla's Lebanese Bistro	3633 5959
Kenza	1736 0000
Leila	1756 6556
Mashawi Lebanese Grill	1733 9014
Rayés	1731 2700
Yamin Jana	1603 3800
Zahle	1774 6417
Zayt Zaytoon	1731 2222
Zeitouna	1736 5055

Mexican	
Casa Mexicana	1771 5521
Margarita Mexicana	1774 6461
Señor Paco's	1772 5873

Middle Eastern	
Al Abraaj	1717 8090
Al Bokhari	1731 1186
Leewan Al Khor	1601 0666



Multi-Cuisine	
Atayeb Restaurant	1759 0119
Bangkok Int'l.	1774 0666
Caesars	1771 6955
Charcoal Grill	1721 3410
Georgia Chinese	1781 3814
Grand Royal	1772 1787
Silk Restaurant	1774 9750
Spice Nice	1771 3603
Sun & Sand	1731 1366

Pizza	
Domino's Pizza	1782 6222
Little Ceasars	1717 9400
Papa John's	1750 6070
Pizza Express	1610 1524
Pizza Hut	1771 1113
Pizza Inn	1781 1666
Rolando's	7732 2222
The Pizza Company	1781 1830



Sandwich Bars	
Quiznos Subs	1750 6070

Seafood	
Fish Market	1770 1201
La Mer	1763 6363
La Perle	1729 8008
Seafood Market	1753 3383
Waves	1753 1122

Shawarma	
Shawarma Express	1772 9922

Steak Houses	
Klounds	1736 0000
Legendz	1722 7777
Plums	1758 0000
The Butcher Shop & Grill	1717 2323
The Meat Co.	1774 2080

Thai	
I Am Thai	7704 0454
Baan Saeng Thai	1771 5775

Banana Leaf	1774 4171
Orchid Thai	1729 6660
Royal Thai	1774 6421
Shada	1772 1155
Thai Express	1750 6070
Thailand	1771 7040
Wang Thai	1771 0771

Turkish	
Kosebasi	1717 2322

Quick Service Restaurant	
Burger King	1750 6070
Burger Land	1771 3778
DQ Grill & Chill	1750 6070
EZ Take Out	1724 1111
Hardee's	1771 1112
Jasmi's	1772 7887
Kentucky Fried Chicken	1771 1111
King of Potato	1749 1914
McDonald's	1781 1812
New York Fries	1717 8436
Pollo Campero	1716 1716



BAHRAIN MARATHON RELAY

25th October 2013

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Back to the Future

When restaurants talk about adding character to the concept they are usually talking of furnishings, architecture and design. This restaurant is all about character.

When Block 338 Restaurant, Lounge and Gardens opened in 2010 it changed our concept of relaxed and casual dining. Prior to this, patios and outdoor dining were confined to tight spaces. With few chairs, most outdoor areas challenged the very meaning of 'al fresco' dining and the external space it requires.

Block 338 rewrote the rule book in this regard and gave us an area of grass which is sorely absent in this dry desert landscape. As is the case with life, though, Block

338 has changed over time and we often remember the past with affection.

"Starting this month, Block 338 is returning to its origins, a place for us all to find the finest food on the island in relaxed surrounds," says Malcolm Burroughs, the executive chef for MESK Holdings, the company that runs Block 338.

"Restaurants should have their distinctive character and Block 338 had that in abundance in the past. The sofas and cushions are returning as we return to a more informal dining experience that is fun." Malcolm is a former model, costume designer and celebrity chef who has travelled the

world; not only does he know his food but also something about style and character.

"Designing what we eat is only part of the challenge," he says. "Other upgrades in the process are the furnishings, conservatory and flooring, which will add to the 'cool' ambience."

Unfussy, unpretentious deliciousness is how Malcolm describes the new menu, which still contains some old favorites but with a new twist. The mini burger trio now comes with three new signature sauces. Malcolm's personal touch can be seen with the likes of a prawn tower dish — a prawn and avocado cocktail — and a wagyu beef steak with mustard ice cream.

Over the weekend, the patio will feature a brunch with live cooking stations; indoors, there will be a separate menu. Dessert at the restaurant is about to get a serious make-over as well. Look out for a temptation called 'melting cappuccino' — a chocolate fondant topped with home-made cappuccino ice cream and berry sauce.

A new addition

Launching in November, MESK will add another leg to its food and beverage portfolio. Joining Block 338, Aroma Café and Restaurant and The Meat Co. will be a new venture located in the Seef district.

The Cake Boutique will be headed by Nadia Zucchelli, a famed cake designer. She will be conjuring up a line of sweet treats and desserts that will also find their way on to the menus at all of MESK's restaurant and café venues.

For information, call 17 710-338.



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Middle Eastern Fusion

A make-over to its food and beverage offerings is on the cards for this five-star hotel property, starting with a cuisine style that is close to home!

Saffron Khaleeji Cuisine is the name of the refurbished dining venue at Al Areen Palace & Spa. Located in a beautiful high-ceiling setting, with exquisite Middle Eastern interiors, the Arabic restaurant overlooks the hotel's outdoor pool. The signature bistro introduces a new spread of new dishes inspired by modern Bahraini recipes. The blend of European and Khaleeji cuisines results in an extraordinary feast.

"At Saffron-Al Areen, we take you on a culinary journey that goes beyond traditional Arabic dishes," says Dr Essa Faqihi, Al Areen Palace & Spa advisor. "We offer the taste that would satisfy lovers of the cuisine and provide a gastronomical adven-

ture for all our guests."

The à la carte menu showcases well-liked starters such as an array of mezze, nakhi and spicy, cold gazpachos. Diners can also enjoy fresh salads and a selection of soups such as the famous harees, jareesh and lamb soup.

For the main course, the kitchen brigade puts together an extensive menu. Indulge in hammour machboos, mutabak zubaidi and lamb thareed. There is no shortage of grilled dishes like hammour tikka and lamb reyash.

The feast will not be complete without Bahrain's favorite desserts, such as khanfarroosh, bathetha and a household favorite, umm ali. Saffron-Al Areen is the first of many upscale restaurants that will be launched in the five-star property over the next few months.

For information, call 17 845-000.



Shopping

Endless traditional souqs, malls and shops selling the best of Bahrain. Be prepared to barter! The Kingdom offers first-class shopping malls that cater to every consumer need. Cars, haute couture clothing, electronics, furnishings and sports equipment will likely all be found under the same roof. Free of tax, many designer labels are less expensive here than in their countries of origin. Items, such as gold and jewellery, high fashion, carpets and handicrafts can be bought for amazing deals unmatched anywhere else.

Retail Destinations

- Al A'ali Shopping Complex (Seef)
- Al Hayat Shopping Centre (Segaya)
- Al Murjan Centre (Juffair)
- Bahrain City Centre (Seef)
- Bahrain Mall (Sanabis)
- BFH Harbour Mall (Manama seafront)
- Country Mall (Budaiya)
- Dana Mall (Sanabis)
- Enma Mall (Riffa)
- Gold City (Central Manama)
- Gold Souq (Central Manama)
- GOSI Complex (Exhibition Ave.)
- Isa Town Mall (Isa Town)
- Lulu Centre (Manama)
- Marina Mall (Manama)
- Moda Mall (Manama)
- Najibi Centre (Sa'ar)
- Oasis Centre (East Riffa)
- Oasis Centre (Muharraq)
- Palm Square (Budaiya)
- Ramli Mall (A'ali)
- Reem Centre (East Riffa)
- Seef Mall (Seef District)
- Sitra Mall (Sitra)

- Yateem Centre (Manama Souq)
- Tala Plaza (Budaiya)
- The Centre (Nwaidrat)
- The Jawad Dome (Barbar)
- The Lagoon (Amwaj)
- The Walk (Riffa)
- Wadi Mall (Riffa)

Antiques, Curios & Galleries

- Al Bareh Gallery 1771 3535
- Al Riwaq Gallery 1771 7441
- Ella Art Gallery 1729 2815
- Good Life Gallery 1769 9002

Bookshops

- Al Hilal Bookshop 1722 4860
- Books Plus 1758 2263
- Family Bookshop 1721 1288
- Jashanmal Bookshop 1758 1632

Boutiques

- Benetton 1753 5104
- BHS 1770 0123
- Debenhams 1758 1166
- Gucci 1753 1318
- Lacoste 1758 1139
- Max Mara 1753 3573
- Mothercare 1727 7800
- Studio 1 1725 8764
- Sufana & Ruzan 1753 5007
- Wrangler 1753 1553

Cameras

- Ashrafs (Kodak) 1753 4439
- Jashanmal & Sons 1758 2424
- (Yashica)
- Yaquby Stores 1721 0959
- (Leica, Minolta)

Car Hire

- Budget Car Rental 1753 4100
- Elite Rent-A-Car 1731 1883
- National Car Rental 1731 1169
- Sixt Rent-A-Car 1771 1770

Carpets

- Amirkhan Carpets 3960 0140
- Bradran Persian Store 1722 8655
- Oasis Carpets 1771 3197

- Peacock Carpet Centre 1771 3152
- Royal Carpet 1771 3600

Cosmetics & Perfumes

- Al Hawaj & Sons 1725 5535
- Al Ezz 1729 0055
- Faces 1758 2226
- Jashanmal & Sons 1758 2424
- The Body Shop 1753 5354

Crystal & Glassware

- Crystal Palace 1753 5013
- Royal Doulton Centre 1727 3737

Electronics

- Ashrafs (Sony, Bose) 1753 4439
- Almoayyed Electronics 1721 1777
- (Aiwa)
- Gajria Electronics 1721 5454
- (Pioneer, JVC)
- Home Electronics 1753 1256
- J A Zayani (Sanyo) 1726 1060
- Mohd Fakhroo & Bros 1725 9534
- Roubens Store (Sharp) 1722 3330
- Yaquby Stores 1721 0959
- Y. K. Almoayyed & Sons 1721 1212

Florists

- Bloom-n-Fantasy 1758 0393
- Singapore Flowers 1774 2456

Framing & Gallery

- Bahrain Art Framing 1771 7165
- Sheema Framing 1771 3235

Furniture

- Bali Angels 3945 9700
- KA International 1740 6016
- Rosewood Collections 1722 5666

Gifts & Novelty

- Al Hasba Gifts 1765 1811
- Novelty 1771 6667

Handicrafts

- Crafts Center 1725 4688
- Craftland 1771 5348
- Desert Art 1774 9441
- Ethnic Crafts 3374 5196
- Things To Do 1759 0409

Home Décor



- Home Centre 1725 0034
- Manazel 1778 6727

Jewelry

- Al Hashimi Pearls 1725 3377
- Al Sarraj Jewellers 1727 7521
- Asia Jewellers 1753 4444
- Bahrain Jewellery 1753 5091
- Charming Eyes Jewellery 1724 2105
- Kooheji Jewellery 1758 2848
- Ramzana Jewellers 1722 4659
- Shine Jewellers 1722 5733
- Yaquby Stores 1721 0959

Optician

- Yateem Optician 1725 3397

Pharmacy

- Jaffar Pharmacy (24hrs) 1729 1039
- Nasser Pharmacy (24hrs) 1774 0900

Shoes & Fashion

- A'la Mode 1758 0200
- Bally 1758 1100
- Shoe Mart 1727 2802

Sporting Goods

- Baraka 1753 5343

- Fore Golf 1761 1911

Supermarkets

- Al Jazira Cold Store 1772 0700
- Al Muntazah 1734 6000
- Al Odra 1769 7558
- Geant Hypermarket 1755 8181
- Jawad Supermarket 1769 1010
- Le Marché 1745 7272
- MegaMart/Babasons 1734 1070
- Midway Supermarket 1773 2220

Toys

- Mothercare 1774 1155
- Toys R Us 1758 0860

Travel Agents

- Al Dar Travel & Tours 1771 6446
- Al Fanar Travel 1753 1144
- World Travel Service 1722 5650

Watches

- A'la Mode 1758 0200
- Ashrafs 1753 4439
- Yaquby Stores 1721 0959
- Zahrat Al Khaleej 1721 4321

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